

# Dutch Apple Yogurt Dessert

Rating: ★★

Makes: 2 servings

## Ingredients

**1/2 cup** yogurt, non-fat vanilla  
**1/2 cup** applesauce, unsweetened  
**1 tablespoon** raisins (seedless)  
**1/8 teaspoon** cinnamon (ground)  
**1 teaspoon** brown sugar  
**1 tablespoon** nuts (as topping or crunchy cereal)

## Directions

1. Wash hands thoroughly with warm water and soap.
2. Combine all ingredients in a small bowl.
3. Cover and refrigerate until chilled.
4. Eat and enjoy as a snack or as a dessert.

Arizona Nutrition Network, Fun Food News

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	130	
Total Fat	2.5 g	4%
Protein	4 g	
Carbohydrates	24 g	8%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	50 mg	2%